



# How the Challenge Works

**Set up your fundraising page: [Parkinson.org/PayitForward](https://parkinson.org/PayitForward)**

Be sure to personalize your fundraising page and let people know why you're participating. Share your challenge progress there throughout the month using pictures, videos, or just posting an update. You can post a photo as you complete the act of kindness or the results!

**Print out your Pay it Forward for Parkinson's challenge materials.**

Print out your calendar (30 Acts) or bingo board (24 Acts). Print out the donation log to track checks you receive from your community.

**Share your fundraising and acts of kindness efforts with your community.**

Make sure your friends (online and offline) know you're participating in the challenge! Share your bingo board on social media and let them know your goals. As to fundraising - people can't say yes to donate if you don't ask them. An easy way to ask is by sharing your page, once you've set up the fundraiser click the 'share' button or "Invite Friends" on your fundraising page.

**Donate to your own page.**

Donating even a small amount to your own page encourages others to make a donation and can help you complete another act of kindness. Get the fundraising party started with your own gift.

**Know where to post updates – share each act of kindness or each row you complete on your fundraising page.**

You can post in the group if you are looking for support, inspiration or ideas on fundraising and completing the activity. When you complete your bingo board you'll earn the end of challenge virtual trophy to post to your fundraising page – plus a [Parkinson's Foundation t-shirt](#).

**Thank your supporters!**

Don't forget to thank your friends, family and everyone who has donated to you. You will get a notification your fundraising page when someone has donated, so make sure to comment and say thank you!

**To find your fundraiser: [facebook.com/fundraisers/manage](https://facebook.com/fundraisers/manage)**



# PAY IT FORWARD FOR PARKINSON'S

Check off each square as you complete the act of kindness.  
Share your progress on social media and tag us @ParkinsonDotOrg! #CarePartnersCan

Join the Facebook Group: [Facebook.com/groups/PFKindness](https://www.facebook.com/groups/PFKindness)

 Take a walk with a friend	Open the door for someone	Pick up trash in an outdoor area	 Share our Helpline 1 800 4PD INFO	 Cook a healthy meal for others
Write a note to your favorite caregiver	 Give someone a "just because" gift	 Water a plant	Thank a Caregiver	Let someone ahead of you in line
 Spend 30 min. outside	Learn something new about Parkinson's disease		 Give someone a hug	Write a thank-you note to your favorite physician
Submit your My PD Story 	 Bring someone flowers	Ask for a donation 	Write a 10 item gratitude list	Tell someone about the Parkinson's Foundation
Complete a memory game (e.g. crossword, jigsaw)	 Spend time with a friend	 Recycle	Give someone a compliment	 Share WHY you're fundraising on Facebook

Every dollar you raise brings us closer to a cure. Join our fundraiser: [Parkinson.org/PayItForward](https://www.Parkinson.org/PayItForward)



